

Smarter is...staying in touch with your health.

## Personal Health Record



### A tool with the smarts to help you get and stay healthy.

With Aetna's convenient, online access to your health records, you can see and manage all of your health information from one place. No matter where you are or when you need assistance, we provide you with helpful and practical tools to make your life a little easier. Your personal health record is a private and secure way to:

- Access family history details
- Review your office visits, prescriptions, conditions and treatments
- Keep track of important health markers, like blood pressure, cholesterol, exercise or weight
- Get alerts about your potential health risks, and what you should do about them
- See other ways to improve or maintain your health, based on your health history
- Get a complete health summary
- Download and share your information easily with your family and health care providers

Explore a smarter health plan,  
visit us at **[www.aetnatools1.com](http://www.aetnatools1.com)**

### Health insurance plans are offered, underwritten and/or administered by: Aetna Life Insurance Company (Aetna).

This material is for information only. Health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. The Aetna Personal Health Record should not be used as the sole source of information about the member's medical history. Links to third party content and websites are provided for your convenience and for informational purposes only. This information is not intended to be a substitute for medical care provided by a physician. Aetna Inc. does not control and assumes no responsibility for information appearing on any linked website. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

Policy forms issued in Oklahoma include: GR-23 and/or GR-29/GR-29N

**[www.aetna.com](http://www.aetna.com)**